Preventing and Treating Tobacco Addiction in the Navy and Marine Corps: *What can we do?*

DoD Tobacco-Related Issues

Navy ADCO Summit 2004

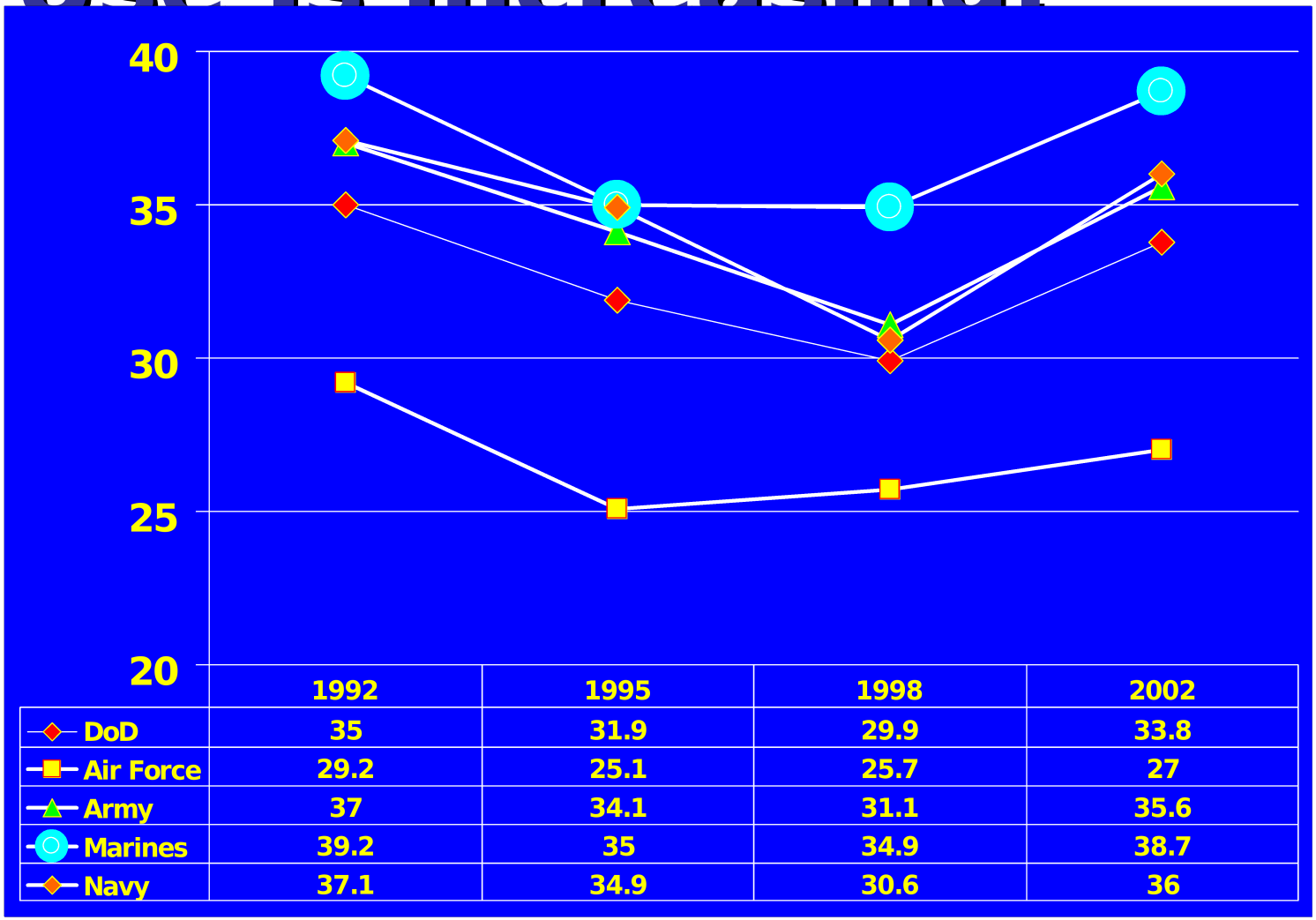
What Can We Do?

- Know the enemy
- Use Clinical Practice Guidelines
- Educate effectively
- Build Networks
- Practice What We Preach
- REACH
- Resources

Tobacco's Costs

- Cardiovascular diseases, various cancers, and pulmonary disease
- Negative performance outcomes, such as higher absenteeism, diminished motor and perceptual skills, and poorer endurance
- Each year, the DoD spends an estimated $875 million on smoking-related health care and productivity loss

DoD Tobacco Use Is Increasing:



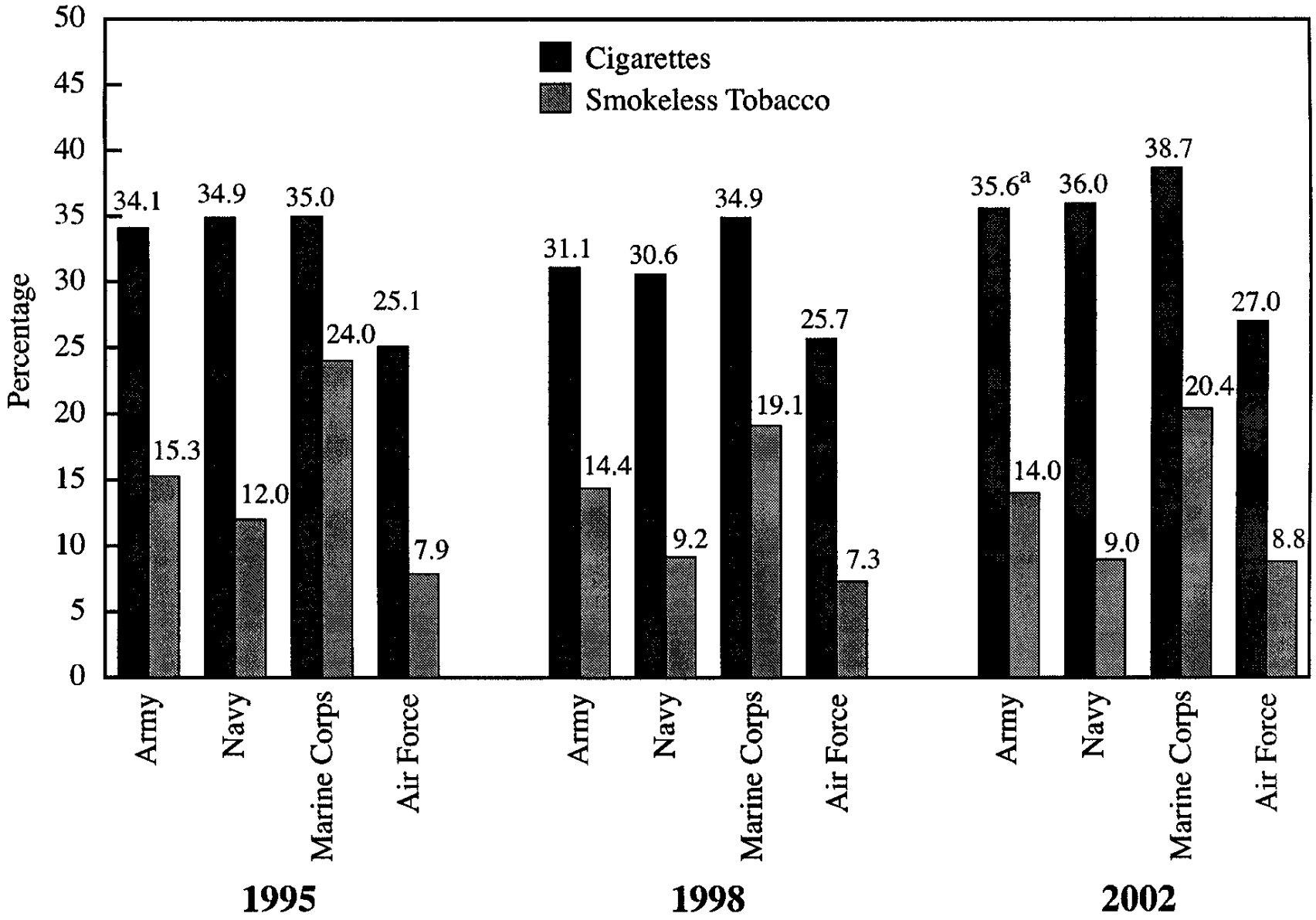
	1992	1995	1998	2002
DoD	35	31.9	29.9	33.8
Air Force	29.2	25.1	25.7	27
Army	37	34.1	31.1	35.6
Marines	39.2	35	34.9	38.7
Navy	37.1	34.9	30.6	36

Gender/Age Group	Started Smoking in the Military			
	Yes		No	
Males				
18-25	31.8	(0.9)	68.2	(0.9)
26-55	28.8	(0.7)	71.2	(0.7)
All ages	30.3	(0.7)	69.7	(0.7)
Females				
18-25	30.8	(1.9)	69.2	(1.9)
26-55	28.2	(1.6)	71.8	(1.6)
All ages	29.7	(1.3)	70.3	(1.3)
Total				
18-25	31.6	(0.8)	68.4	(0.8)
26-55	28.7	(0.6)	71.3	(0.6)
All ages	30.2	(0.6)	69.8	(0.6)
Service				
Army	31.9	(1.2)	68.1	(1.2)
Navy	30.3	(0.6)	69.7	(0.6)
Marine Corps	30.4	(2.1)	69.6	(2.1)
Air Force	27.7	(1.0)	72.3	(1.0)
Total DoD	30.2	(0.6)	69.8	(0.6)

2002 Department of Defense Survey of Health Related Behaviors Among Military Personnel

Group/Status	Service								Total DoD	
	Army		Navy		Marine Corps		Air Force			
Among All Personnel										
Never smoked[a]	54.2	(1.3)	53.3	(2.7)	49.7	(3.0)	59.6	(2.2)	54.8	(1.1)
Former smoker, quit over a year ago	7.2	(0.8)	7.6	(0.4)	6.6	(0.9)	10.2	(0.7)	8.0	(0.4)
Former smoker, quit within past year	3.4	(0.2)	3.9	(0.3)	5.5	(0.5)	3.7	(0.2)	3.9	(0.1)
Current smoker, tried to quit	19.0	(0.9)	19.5	(0.8)	21.9	(2.1)	13.7	(1.4)	18.1	(0.6)
Current smoker, didn't try to quit	16.2	(1.2)	15.8	(2.4)	16.4	(2.0)	12.9	(1.6)	15.2	(0.9)
Among Smokers, Past Year										
Quit within past year	8.7	(0.8)	9.9	(0.6)	12.5	(2.0)	12.1	(0.9)	10.4	(0.5)
Tried to quit	49.3	(1.5)	49.7	(3.6)	50.0	(0.8)	45.2	(2.5)	48.6	(1.2)
Didn't try to quit	42.0	(1.5)	40.3	(3.8)	37.5	(1.6)	42.6	(2.6)	41.0	(1.3)
Among Current Smokers										
Planning to quit in next 30 days	35.9	(2.2)	35.8	(1.0)	35.3	(2.2)	34.9	(1.8)	35.6	(1.0)
Intending to quit in next 6 months	25.8	(2.2)	26.9	(0.6)	24.9	(1.4)	27.9	(2.8)	26.4	(1.1)

Note: Table entries are column percentages (with standard errors in parentheses). Estimates have not been adjusted for sociodemographic differences among Services.



2002 Department of Defense Survey of Health Related Behaviors Among Military Personnel

I miss my lung, Bob.
California Department of Health Services.
Funded By The Tobacco Tax Initiative.

TUC Guidelines

- **Executive Summary**
  - **Every patient should receive at least minimal treatment every time he or she visits a clinician.**
  - **Patients who use tobacco and are willing to quit should be treated using the "5 A's"**
  - **Patients who use tobacco but are unwilling to quit at this time should be treated with the “5 R's" motivational intervention**
  - **Patients who have recently quit using tobacco should be provided relapse prevention treatment.**

TUC Guidelines

All tobacco using patients must receive a personalized quit message based on co-morbidity, lifestyle, and personal choice

- **Five A's**
  - **Ask**
  - **Advise**
  - **Assess**
  - **Assist**
  - **Arrange**
- **Five R's**
  - **Relevance**
  - **Risk**
  - **Rewards**
  - **Roadblocks**
  - **Repetition**

Chilling Thoughts

- 484,000 Americans have died from AIDS since 1981 to 2001
- 10,000,000 Americans have died from tobacco-related disease in the same time period
- Every three days more Americans die from tobacco than those killed on Sep 11 2001

- Odds of dying early from tobacco use: 1 in 3; Odds of dying in a car wreck: 1 in 6,200

Do You Want To Be A Millionaire?

Stop Using Tobacco !

Did you know that a one pack or one can a day tobacco habit for a year equals one-half the cost of tuition at most state colleges??!! Quit today and start saving for both you and your family's future!

****

More immediate rewards:

3 months no tobacco use = $360.00 = Color TV

4 months no tobacco use = $480.00 = Stereo

5 months no tobacco = PS2 and Color TV

5 years no tobacco = A New Car!!!

Your final answer should be: I QUIT

If you have questions about quitting, ask your Dentist.

Build Networks

- Identified interactive avenues of approach
  - Leadership involvement
  - Education/awareness
  - Community Involvement
  - Condition management
  - Surveillance
  - Applied Research

Practice What We Preach

- All members of Navy Medicine must take a leadership role in presenting the proper role model of health
- Actions speak louder than words
- “Do what I say, not what I do” doesn’t work

REACH Background

- Started in 1999
- Originally included information on oral health, issues regarding tobacco, and TRICARE medical and dental issues for Sailors and their families.
- Encourages Recruits to remain tobacco free after Recruit Training.
- Effect appears to be lost during “A” school due to boredom, perception of leadership, and peer pressure

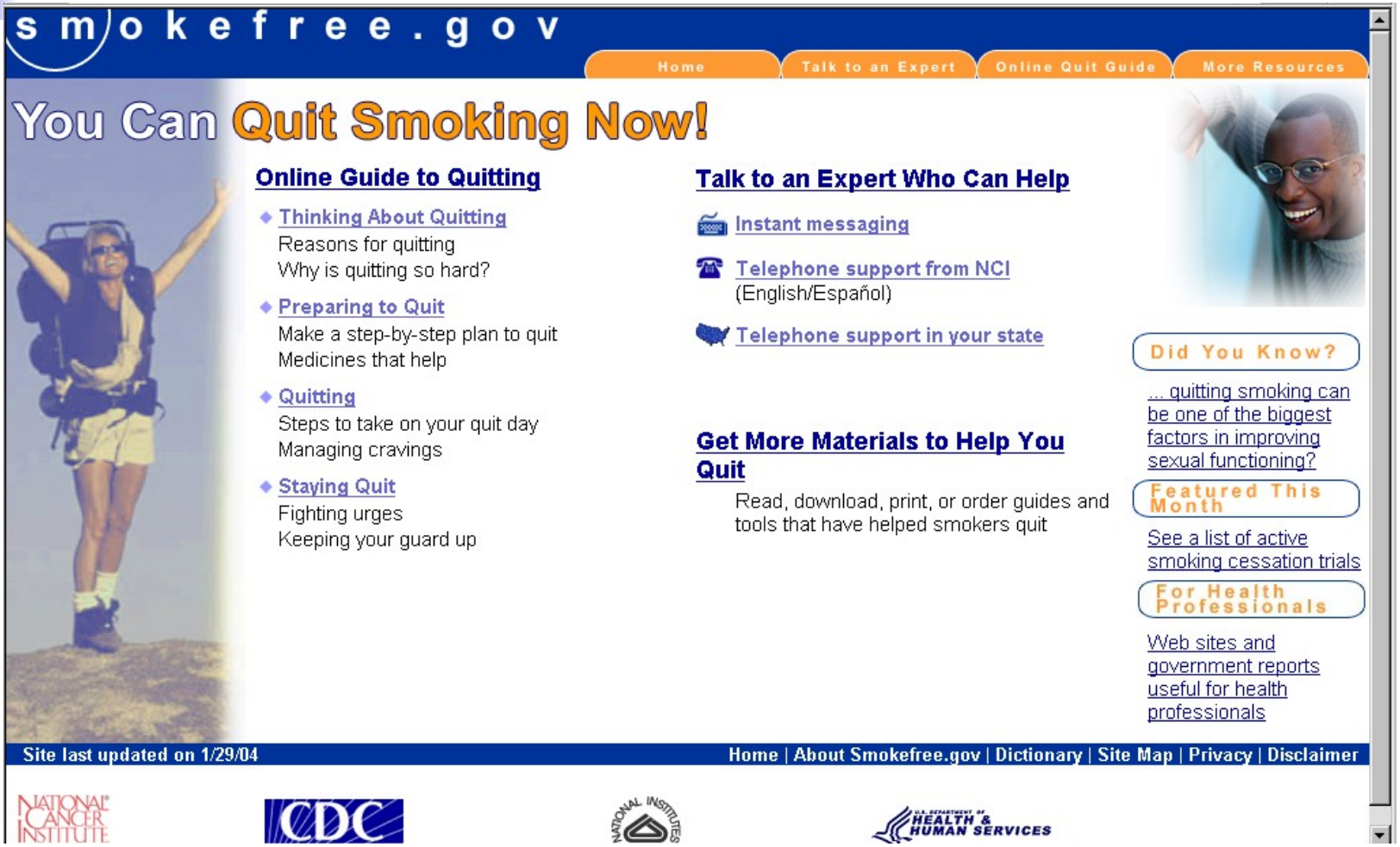
Resources

- NEHC
  - www-nehc.med.navy.mil/hp/tobacco/index.htm
- DoD
  - www.oqp.med.va.gov/cpg/TUC/G/TUC_CPG.pdf
- Government
  - www.smokefree.gov/
  - www.surgeongeneral.gov/tobacco/

www-nehc.med.navy.mil/hp/tobacco/index.htm

Navy Environmental Health Center
BUMED M-11
Force Health Protection
Home
Index
Directorates
Field Activities
Special Interest
Ensure Navy and Marine Corps readiness through leadership in prevention of disease and promotion of health
Search NEHC
Go
NAVAL MEDICINE
HEALTH TOPICS
TOBACCO CESSATION
Alcohol & Drug Abuse Prevention
Clinical Practice GuideLine
Clinical Preventive Services
Clinical Epidemiology & Clinical Preventive Services
Deployment Health
Health Risk Asessment
Injury Prevention
Nutrition
Physical Fitness
Preventive Health Assessment
Sexual Health &
My Health
Educators
Clinicians
2YOUR HEALTH
health education
Health
My Personal Health
Health Educators/Coordinators /Instructors
Clinicians
Tobacco use is the number one preventable cause of death and illness, and the military remains a high consumer of tobacco products. The goal of the Tobacco program is to prevent the initiation of tobacco use; to help those who smoke, chew and dip to quit; and to protect from harmful exposure to environmental tobacco smoke. In coordination with other DoD prevention groups, the Health Promotion program is using public health strategies to address the "tobacco problem." The current approach to addressing tobacco includes- understanding the full extent of the issues, identifying risk and protective factors, developing and using interventions, and evaluating the effectiveness of tobacco programs. For additional information and resources contact SST@nehc.mar.med.navy.mil or visit our Website
About Us | Health Topics | Training | Products & Publications | Health Promotion Award | NEHC Home | PopHealth Home

www.smokefree.gov/


smokefree.gov
Home
Talk to an Expert
Online Quit Guide
More Resources
You Can Quit Smoking Now!
Online Guide to Quitting
Thinking About Quitting
Reasons for quitting
Why is quitting so hard?
Preparing to Quit
Make a step-by-step plan to quit
Medicines that help
Quitting
Steps to take on your quit day
Managing cravings
Staying Quit
Fighting urges
Keeping your guard up
Talk to an Expert Who Can Help
Instant messaging
Telephone support from NCI
(English/Español)
Telephone support in your state
Get More Materials to Help You Quit
Read, download, print, or order guides and tools that have helped smokers quit
Did You Know?
... quitting smoking can be one of the biggest factors in improving sexual functioning?
Featured This Month
See a list of active smoking cessation trials
For Health Professionals
Web sites and government reports useful for health professionals
Site last updated on 1/29/04
Home | About Smokefree.gov | Dictionary | Site Map | Privacy | Disclaimer
NATIONAL CANCER INSTITUTE
CDC
NATIONAL INSTITUTES
HEALTH & HUMAN SERVICES

www.oqp.med.va.gov/cpg/TUC/TUC_Base.htm

CPG Home

- Contact/Feedback
- Order Pocket Guides/Tools

TOBACCO USE CESSATION (TUC)

Clinical Practice Guidelines

Office of Quality and Performance

OQP < CPG < TUC

Guideline Reference

	View Online	Download Center: word	Download Center: pdf
Overview	Information about the TUC guideline	☑	
Guideline	Complete guideline online (Interactive site)	☑	☑
Algorithms	The TUC-CPG algorithms	☑	☑
Summary	Summary of recommendations [html version coming soon]		☑
Pocket Card	TUC-Pocket Card - [PDF format]		☑
Key Points	The key points addressed by the TUC guideline		☑
Reminders	N/A		
Archive	N/A		
		Help	

Related Performance Issues

Measures	The TUC measures - Technical Manual (March 8, 2002)
Database Questions	EPRP database questions FY2002 Q3- TUC module1 EPRP Database questions FY2002 Q3 - TUC module2 EPRP Database questions FY2002 Q3 - PI module
Other	N/A

Related Guidelines

- Ischemic Heart Disease
- Chronic Heart Disease
- Diabetes Mellitus
- COPD
- Substance Use Disorders

DoD TUC Update

- The DoD TUC has been recently updated
- Should be available any day
- Will also include a CD to assist in implementation

Questions?

Please contact:

- email
- email
- 757-953-0959; DSN 377-0959

- email
- email
- 847-688-3950 x 6723; DSN 792-3950 x 6723